

CONSUMER HIGHLIGHTS



JUNE-JULY 2000

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HEAT ILLNESS



Hot and/or humid weather is only one factor that can lead to heat illness.

Things that increase risk include: not getting enough fluids, too much alcohol, strenuous exercise, being in a poorly ventilated space, taking certain medications (ask your pharmacist about this), obesity, and being either very young or very old.

Note: Even someone in superb condition can succumb to heat illness if he or she ignores the warning signs.

WARNING SIGNS

☐ Heat cramps

Muscle cramps (often in abdomen or legs), heavy perspiration, weakness, lightheadedness

☐ Heat exhaustion

Cool, pale or red, moist skin; large pupils; headache; extreme thirst; nausea; vomiting; irrational behavior; weakness; dizziness; unconsciousness

☐ Heatstroke

Temperature above 102°F; dry, hot, red skin; dark urine; small pupils; rapid, weak pulse; rapid, shallow breathing; extreme confusion; weakness; seizures; unconsciousness

HOW TO HELP...

SEVERE ILLNESS

Move the victim to a cooler/shadier place. Spray the victim with a hose, or pour a bucket of water over his or her body (unless person is very confused.)

Wrap victim in wet towels or sheets or turn on a fan. Place cold compresses on the victim's neck, groin, and armpits. Get immediate medical help.

(If help is not immediately available, immerse the person in cold water - tub, lake, or pool - if you can monitor alertness and breathing.)

Hope Health Letter
July 1999

TOP TEN PICKS

EXPERTS SHARE THEIR FAVORITE FRUITS AND VEGETABLES

Hooray for summertime's beautiful array of phytochemical-rich fruits and vegetables. Phytochemicals are plant foods that may promote health. With this in mind, we asked several "phyto-experts" for their top picks in terms of phytochemical power.



1. Berries

All our experts agree that berries pack a strong phytochemical punch.

Blueberries are a rich source of anthocyanins, which are excellent antioxidants, according to Beverly Clevidence, PhD, research leader at the USDA Phytonutrient Laboratory.

"Berries make great snacks, especially when served cold on a hot day," says Clevidence. "Blend them, with yogurt and fruit juice to make tasty shakes." Barbara Gollman, MS, RD, co-author of *The Phytopia Cookbook*, agrees. "Berries are also great on cereal or yogurt."

2. Tomatoes

"There's nothing like the aroma and flavor of a ripe tomato," says Leslie Kay, MS, RD. Tomatoes are famous for the carotenoid lycopene, which is associated with a lowered risk for prostate cancer. Clevidence likes tomatoes drizzled with balsamic vinegar, olive oil and fresh garlic.

3. Garlic

The sulfur compounds in garlic may fight cancer and heart disease, says Clevidence. "And they may protect against bacterial and fungal infections," she adds. "Tabouli is a great way to use lots of tomatoes, garlic and onions," says Gollman.

4. Onions

Garlic's cousin contains many of the same compounds that fight disease. Gollman picked purple or red onions for their quercetin content. "Quercetin is the same heart-healthy component found in red wine and tea," and she says, "onions contain allium which may help prevent cancer." Use onions on the grill, in salads, salsas, sandwiches, soups and pasta dishes.

5. Bell Peppers

Like tomatoes, red peppers contain the

6. Watermelon

"Amazingly, watermelon is also a rich source of the carotenoid lycopene," notes Gollman. "Although catsup has four times as much per serving, we easily eat four times as much watermelon!" For both watermelon and tomatoes, Clevidence reminds us "the redder the better" for phytochemical content.

7. Yellow Corn and Snap Beans

Yellow corn and snap beans are summer sources of lutein and zeaxanthin, two phytochemicals that may protect your eyes from age-related macular degeneration. Clevidence cooks them on the grill, seasoning with garlic in olive oil. "Add bell peppers or eggplant, along with onions, for additional phytonutrients."

8. Peaches, Nectarines and Cantaloupe

These orange fruits are dubbed "the beta-carotene group" by Kathleen Klotzbach-Shimomura, MEd, DTR, family and consumer sciences educator with Rutgers Cooperative Extension. "The carotenes seem to offer protection against lung, colorectal, breast, uterine, and prostate cancer," she notes. Keep them handy for a cool, refreshing snack.

9. Brussels Sprouts

These vegetables are easy to cook - just trim the bottoms and microwave or steam until tender. Brussels sprouts are rich in glucosinates, isothiocyanates, and indoles, all phytochemicals that may help fight cancer. So give them a try. Kay recommends steaming them, then seasoning with lemon and fresh herbs.

10. Grapes (Author's Pick) cancer-fighting lycopene. "Bell peppers (red, yellow, and green) contain phenols and capsaicin, which may help prevent toxic molecules from damaging cells," says Kay. "Bell peppers eaten raw or barbecued are tasty."

Although many varieties of California grapes grow from summer into winter, I find them at their best locally in the summer. Red grapes in particular are rich in polyphenol antioxidants like quercetin, resveratrol, anthocyanin, and catechin. There's nothing like chilled or frozen grapes on a hot summer day. Kids love to eat them like ice cream treats.

Communicating Food for
Health - June 2000

PRESS COVERAGE & SCIENCE

"Science is a long movie, but the news media generally takes mere snapshots."

"Some people think science ought to be clean and easy. It's not. It's messy."

"In fact, scientific discovery moves less as the crow flies than as a sailboat tacks - first this way then that, but edging ever forward."

Editor's Note: Take media reports on "breakthrough" health studies with large grains of salt.

If there's mention of a fantastic new medical therapy or drug on tonight's news, or a report that such-and-such causes cancer — don't get overly excited.

Science is more evolutionary than revolutionary. Most scientific studies must be replicated many times by many scientists before they're considered significant.

Hope Health Letter
October 1999

WISE POCKETS.COM **A NEW WEBSITE FOR KIDS**

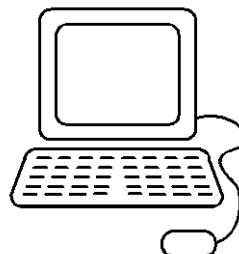
A new website has been created by the Center for Entrepreneurship and Economic Education at the University of Missouri in St. Louis. The new site is just for kids and is sponsored by Consumer Credit Counseling Service of the Mississippi River Valley, MasterCard International and Money Management International.

Kids can visit the new website at www.wisepockets.com to meet an animated character, Wise Pockets and his animated friends who teach about managing money.

On the home page, kids click on the icon for the Wise Pockets Clubhouse for kids. In the clubhouse, kids meet Wise Pockets and his friends. Kids can join the clubhouse at no cost; and, as club members, kids can read four stories on four different themes in the Wise Pockets Library. The story lessons teach about earning income, saving, spending, and credit. When finished, the child may take a quiz on what has been learned.

Sometime during this year, the site will expand to include a treehouse for parents. The treehouse will include suggestions for parents to teach their children about careful money management.

Money Management
Newsletter - April/May 2000



14 STRESS-LESS TIPS

1. Build "cushion" into your life and into your day for the unexpected.

This means filling your schedule 80% full (max), and leaving 20% for a sudden family illness, a car that won't start, a bad-traffic day, and other surprises.

2. Look ahead; think ahead.

Anticipate problems. Communicate your needs up front.

If "difficult" out-of-town relatives want to spend a week with you, offer to send them a list of good hotels and recreational activities in your area.

3. Don't feel you need a big block of time to relax or take care of yourself.

A break can be as simple as sitting with your eyes closed and breathing deeply for one minute.

4. Don't let others' stress become your stress.

Just because someone close to you is miserable doesn't mean you have to feel that way. In fact, you can help them more if you stay centered.

5. Ask for help.

Other people may not know you're feeling overwhelmed unless you tell them. Sit down together and decide how others might chip in.

6. Make lists.

Making a list forces you to gather your thoughts and set priorities - and helps you feel more in control.

7. Monitor your stress level hour by hour.

Don't allow stress to become a monster that must be "managed" at the end of the day.

Every few minutes, ask yourself, "What can I do *right now* to relax/feel better/take care of myself?"

This might mean dropping your jaw, changing your posture, taking a walk, getting a cold drink, or answering the call of Nature.

8. Try journal writing whenever you feel frustrated, angry, sad, or depressed.

It can help you see things more clearly.

9. Take time for "useless" things.

This includes smelling flowers, lighting candles while washing the dishes, and stopping to pet the neighborhood cat.

10. Don't reach for food for emotional comfort.

Tackle the source of the stress.

11. Make one small change if you can't make a big one.

This can get the ball rolling.

12. Just say "no"

This single piece of advice can save you countless problems.

13. Give yourself a real break during work breaks.

If you work on your feet, sit down during breaks. If you work sitting down, get up and walk.

If you work on the phones, don't make phone calls during your break. If you work with others, find time to be alone. Etc.

14. Be yourself; celebrate yourself.

There's no one else like you anywhere. You have a special purpose for being here. Find out what it is.

Hope Health Letter

THIS 'N THAT

“The adventure of life is to learn.
The purpose of life is to grow.
The nature of life is to change.
The challenge of life is to overcome.
The essence of life is to care.
The opportunity of life is to serve.
The secret of life is to dare.
The spice of life is to befriend.
The beauty of life is to give.”

— Unknown

GARDENER'S CORNER

The gardening news is that the soil is dry, dry, dry..... and many of the plant problems that we are seeing are directly or indirectly related to moisture stress.

This is a good time to evaluate watering programs. Check systems to see if sprinkler heads are delivering water uniformly over the entire area. Also check to see if the right amount is being applied each time.

The tried and true “can or pan test” is the easiest way to find out if all areas of the lawn or garden are receiving the right amount of water.

The Procedure

1. Place 5 or 6 straight sided cans or pans at random within the area to be watered.
2. Turn on the system and make note of the starting time.
3. Allow the system to run for a predetermined amount of time, such as 15 to 20 minutes.
4. Using a ruler, measure the amount of water collected in each can or pan and determine an average of the amount caught per container.

you know how long it takes for your system to deliver the right amount.

*On established lawns water until ½ surface inch has been delivered. This amount will wet sandy soil 8 inches deep.

* On shrub, flower and vegetable plantings water until ¾ inch has been delivered.

A Water Conservation Checklist

■ Do not water established plants daily. This practice results in wasted water, pest problems and a more shallow, weaker root system.

■ Allow some wilting of the lawn to occur before reapplying water. These wilted spots show up as bluish gray areas. Up to 30% of the lawn can show signs of wilt without being damaged seriously before being irrigated.

■ Irrigate during the early morning hours. This practice reduces the amount of water lost to evaporation, helps to prevent fungal infection and prevents scalding.

■ When designing a landscape, group plants that have similar soil moisture requirements.

■ Have irrigation systems zoned so that the lawn, shrub, flower and vegetable beds are watered individually. Lawns, for example, need more frequent irrigation than mulched shrub beds.

■ Consider installing a micro-irrigation system in landscape beds. A system using drip, trickle or similar delivery methods uses only about 1/4 as much water as traditional sprinkler systems.

Avoid Spray Burn

Drought stressed plants are more susceptible to spray burn. Last week at the gardening clinic in South Santa Rosa, we had 3 individuals bring in plants with these symptoms.

In order to prevent spray burn, water the root zone of plants thoroughly the day before an application. Spray during early morning hours when plant foliage is most turgid. And, be sure that the insecticide, fungicide or other product is labeled for your species of plant and that it is properly mixed before applying.

Crapemyrtle Time!

Beginning in early June the crapemyrtles start putting on a show in landscapes along the Gulf Coast. This is the best time to identify specific cultivars as to flower color, form and adult size and where they could best be used in your landscape. Many nurseries will also be offering them while in bloom.

Dan Mullins
Horticultural Agent

2000 VEGETABLE MARKET NOW OPEN

The Santa Rosa County Vegetable Producers' Market is now open each Tuesday and Thursday from noon until 2:00 p.m. and Saturday from 9:00 a.m. until noon. The market is located on Highway 90 west of Milton near the Harmony Ridge Baptist Church.

Early vegetables available include squash, green beans and potatoes, followed shortly by sweet corn, cucumbers, peppers and tomatoes. Call 623-3868 for further information.



December 1999

RECIPES

CAULIFLOWER AND MUSHROOM NIBBLES

Enjoy the taste of fried cauliflower and mushrooms without the grease.

_ c. plain bread crumbs
¼ c. grated Parmesan cheese
1 egg white
1 tsp. water
2 c. bite-size cauliflower florets
8 oz. bite-size whole fresh mushrooms,
cleaned and trimmed
Low-fat meatless spaghetti sauce
(optional)

Preheat oven to 400°F.

In a plastic bag with a tight-fitting seal, combine bread crumbs and cheese. In a small bowl, stir together egg white and water.

Dip a few vegetables at a time in the egg-white mixture and place them in the plastic bag. Seal the bag and shake gently.

Place vegetables in a single layer on a baking sheet.

Bake for 8 to 10 minutes, or until lightly browned. Serve warm with hot spaghetti sauce for dipping, if desired.

SERVES 8 (four pieces per serving). Per serving: 57 calories, 8 grams of carbohydrate, 1 gram of fat, and 121 mg of sodium.



Hope Health Letter

SQUASH SOUFFLÉ (CASSEROLE)

SWEET-AND-SOUR STIR-FRY

¼ c. water
1 Tbsp. cider vinegar
1 Tbsp. honey
2 Tbsp. soy sauce
½ tsp. ground ginger
1 can (8 oz.) pineapple chunks in juice,
drained and juice reserved
¾ lb. firm tofu, cut into 1-inch cubes
2 tsp. cornstarch
1 Tbsp. sesame oil
1 medium onion, chopped (½ cup)
2 medium carrots, sliced (1 cup)
1 medium green bell pepper, cut into
1-inch pieces (1 cup)
4 c. hot cooked rice
Sunflower seeds, if desired

Mix ¼ cup water, the vinegar, honey, soy sauce, ginger, and pineapple juice. Place tofu in a small glass or plastic bowl. Pour juice mixture over tofu and toss gently. Cover and refrigerate 1 to 2 hours.

Remove tofu from marinade and reserve marinade. Dissolve cornstarch in 2 Tbsp. cold water.

Heat sesame oil in wok or 12-inch skillet over medium-high heat. Add onion and carrots; stir-fry about 3 minutes or until crisp-tender.

Add pineapple, tofu, and bell pepper; gently stir-fry 2 minutes.

Stir cornstarch mixture into reserved marinade; pour into wok. Cook 2 minutes, stirring occasionally. Reduce heat. Cover and cook 2 minutes.

Serve over rice. Sprinkle with seeds.

SERVES 4. Per serving: 385 calories, 69 grams of carbohydrate, 480 milligrams of sodium, and 8 grams of fat.

Hope Health Letter
July 1999

Squash, yellow or zucchini - 4 cups,
cooked by boiling in water 10 minutes,
then mash
Evaporated milk - 1 small can
Butter - ½ stick (diet is okay)
Eggs - 2, slightly beaten
Potato Chips - ½ c. crushed
Cheese - ½ c. grated
Onion - ½ c. (or more), chopped

Mix all ingredients except potato chips and cheese and beat thoroughly. Pour into buttered casserole dish and sprinkle top with chips and cheese before baking. Bake 30 minutes at 350 degrees.

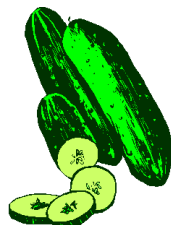
Jim Toler
Santa Rosa County Master
Gardener

KENDRA'S ZUCCHINI

Zucchini - 2 small, grated
Onion, Red - ½ small, chopped finely
Margarine - 2 Tbsp.
Parmesan cheese - grated (from dairy
case in grocery, not in a green can)

Grate zukes with cheese grater, saute in margarine with finely chopped onion. Cook about 10 minutes on medium heat. Turn over with turner and cook 5 more minutes. Add Parmesan cheese and cover to melt cheese.

This is so good you need to double the recipe. Also very, very good with yellow squash instead of zucchini.



Jim Toler
Santa Rosa County Master
Gardener